

**MEDIA RELEASE**  
*FOR IMMEDIATE RELEASE*

**WIN A ONE-ON-ONE VIRTUAL COOKING MASTERCLASS WITH CHEF JONNO PROUDFOOT** – in support of the Sunflower Fund.

The Sunflower Fund is hosting an online competition where one lucky prize winner, stands a chance to win a one-on-one virtual cooking masterclass worth R10 000.00.

Chef Jonno Proudfoot, co-author of the highly successful book, *The Real Meal Revolution* will prepare one of his specialty meals with the lucky winner. This is the perfect time to master the craft of cooking or learn the preparation of a new meal as the competition winner will be guided step by step to prepare a deliciously healthy, low carb Sirloin steak with Bearnaise sauce, served with outrageous potatoes and seasonal vegetables on the side.

The winner will be announced 15 May 2020 and competition entries cost R50. Raffle tickets to enter the competition can be purchased on the Sunflower Fund website at <https://www.sunflowerfund.org/product/raffle-ticket/>

There are two additional prizes to be won: a 12-week online banting course valued at R1200 and two autographed books valued at R700: *Raising Super Heroes* and *Low Carb Cooking*.

The Sunflower Fund is a donor recruitment centre and stem cell registry. They fight blood diseases like leukaemia through the recruitment of stem cell donors and maintaining a registry of potential donors committed to helping anyone in need of a life-saving stem cell transplant. Funds raised from this event will enable The Sunflower Fund to cover the cost of education and awareness about the need for and the process to become a blood stem cell donor, as well as to cover the cost of the HLA tissue –typing test involved in the recruitment of donors.

Help The Sunflower Fund save lives by purchasing a raffle ticket for R50. Contact Adi Phillips for more information on 021 701 0661 or [adi@sunflowerfund.org.za](mailto:adi@sunflowerfund.org.za).

| Ends|

The Sunflower Fund NPC, Reg. No: 2000/008979/08, VAT Reg. No. 4350236958  
Non-Profit Organisation Reg. No.: 020-728-NPO  
Public Benefit Organisation (section 18A) Reg. No : 130000158  
In Terms of Section 18A(2) of the Income Tax, No. 58 of 1962

PO Box 31163 Tokai 7966 Cape Town, South Africa  
Office 106B Richmond Centre, 174-206 Main Road, Plumstead, 7800  
Telephone: 021 701 0661 • Fax: 021 701 6790 • e-mail: [info@sunflowerfund.org](mailto:info@sunflowerfund.org)  
Regional offices: Johannesburg and Durban

**Directors:** James Sedgwick, Douglas Walker, Prof. Rajkumar Ramesar  
**CEO:** Alana James

**20**Year  
ANNIVERSARY

share. give. register  
0800 12 10 82 | [www.sunflowerfund.org](http://www.sunflowerfund.org)



The Sunflower Fund

Hope begins with you

## About The Sunflower Fund

The Sunflower Fund is a donor recruitment centre and stem cell registry that is part of a global network, dedicated to creating awareness about blood diseases and stem cell donation, recruiting blood stem cell donors and maintaining a registry of committed donors.

The Sunflower Fund pays for the cost of the tissue-type testing. This is fundamental to saving the lives of South Africans who need a stem cell transplant. The chance of finding a matching donor is 1 in 100,000 – and as ethnic origin plays a significant role in the search for a donor, South Africa's rainbow nation is at a distinct disadvantage, requiring a large pool of prospective donors.

Should you wish to become a donor, support one of the fundraising projects or make a financial contribution, please contact The Sunflower Fund on toll-free number: 0800 12 10 82. Visit [www.sunflowerfund.org.za](http://www.sunflowerfund.org.za) to learn more or look out for the DONATE button to make a cash donation via the website.

Released on behalf of The Sunflower Fund by:

**Traci Sassenberg**

[traci@sunflowerfund.org.za](mailto:traci@sunflowerfund.org.za)

Tel: 021 701 0661

Cell: 083 303 9200

For more information or for interviews contact: Traci Sassenberg or Kim Webster on 021 701 0661.